



Cauliflower: Nutrition . Selection . Storage

Nutrition information for cauliflower and tips on how to select, store and prepare it. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

Did You Know...

Not all cauliflower is white! Try purple and orange cauliflower too.



How to Select

Choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.

How to Store

Refrigerate cauliflower in plastic bag up to 5 days.

Nutrition Benefits

Fat free; saturated fat free; very low sodium; cholesterol free; low calorie; high in vitamin C; good source of folate.



[Fruit Nutrition Database](#)
[Vegetable Nutrition Database](#)

You may also be interested in...

[How to Read a Food Label](#)
[Key Nutrients Found in Fruits & Veggies](#)
[Dietary Guidelines for Americans](#)
[Fruit & Vegetable Recipe Search](#)



Nutrition Facts

Serving Size 1/6 medium head (99g)

Amount Per Serving

Calories 25 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 8%

Sugars 2g

Protein 2g

Vitamin A 0% Vitamin C 100%

Calcium 2% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|---------|-------|
| Total Fat | Less Than | 65g | 80g | |
| Saturated Fat | Less Than | 20g | 25g | |
| Cholesterol | Less Than | 300mg | 300mg | |
| Sodium | Less Than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

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Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your [daily recommended amount of fruits and vegetables](#) is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at reducing the risk of coronary heart disease, stroke and some cancers. They're also low in calories, which helps prevent obesity ... a significant risk factor for type 2 diabetes, cancer and cardiovascular disease.

[Top 10 Reasons to Eat More Fruits and Vegetables](#)

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